

2014

# Wellness & Safety



*Expo*

August 20, 2014

Jim Graham Building

NC State Fairgrounds

9am – 4pm

## Planning Committee Members

**Gina Angle**

**NCDPI**

**Jonathan Bandy**

**NC OSHR**

**Peggy Beach**

**NC OSHR**

**Bobbi Brown**

**NC OSHR**

**Kathy Conner**

**NC OSHR**

**Melissa Evans**

**NC DOI**

**Doug Gaylord**

**NCDA&CS**

**Angela Harvey**

**NCDOR**

**Katherine Hilliard**

**NC OSHR**

**Lisa Howell**

**NC DOI**

**Cynthia Leeks**

**NC OSHR**

**Jasmine Liguori**

**NC DST**

**Sarah Lindh**

**NC DENR**

**Alfreda Melton**

**NC OSHR**

**Miranda Miller**

**NC Dept. of Comm.**

**Laurie Moser**

**NCDOT**

**Andrea Phillips**

**NC DHHS**

**Jane Phillips**

**NCCCS**

**Jessica Pyjas**

**NC DST/SHP**

**Ashley Privette**

**NCSU**

**Ray Robbins**

**NC DHHS**

**Bridget Smith**

**NCDOT/DMV**

**Sonya Stafford**

**NC Dept. of Comm.**

**Stacey Thompson**

**NCDOL**

**Martha Wewer**

**NC DST/SHP**



# Lots of PREPARATION

Volunteers

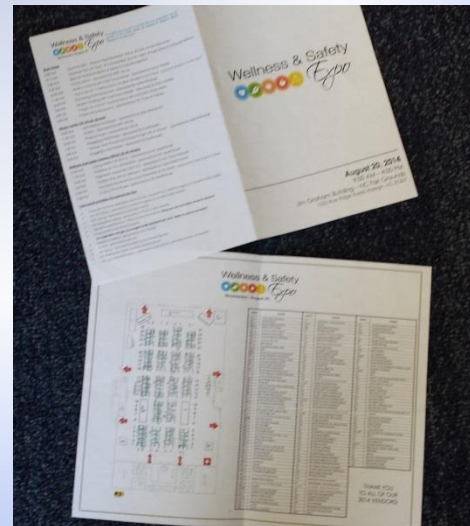
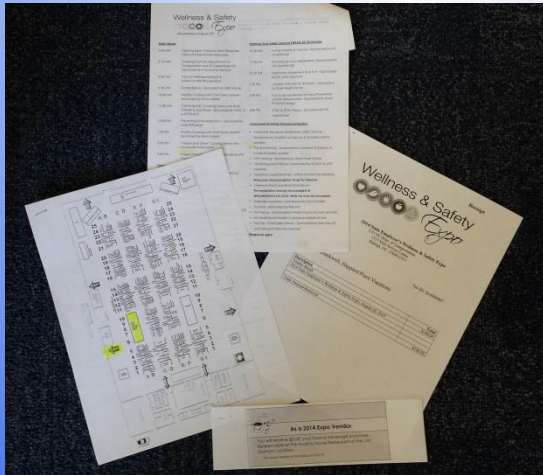
Physical Activity  
Demonstrations

Cooking Demonstrations

Speakers

Safety Plan

Vendors, vendors, & more vendors







**Monday, August 18, 2014**

Blue Ribbon Exhibits was setting up!

Mr. Bennett always trying to please.....

Orange has replaced YELLOW by Tuesday morning!



Tuesday, August 19, 2014

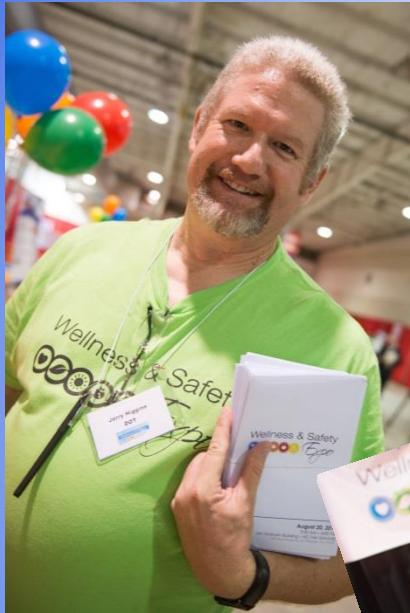
The trucks move in!





Wednesday, August 20th

# Wednesday: "THE MORNING OF"



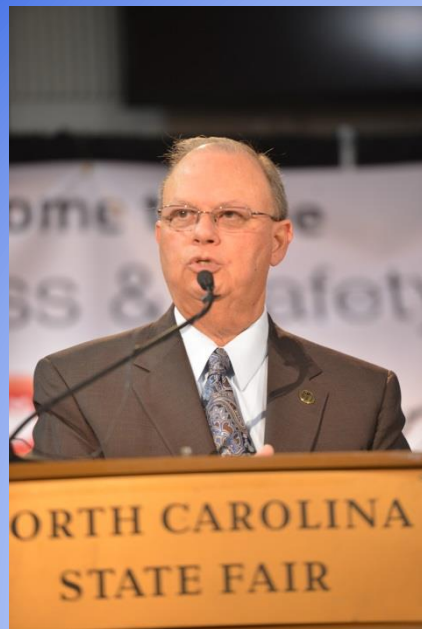
**THE VOLUNTEERS, BALLOONS & DEMONSTRATORS  
ARRIVE!**





## Our Distinguished Speakers

L-R: John Bogner, Nick Tennyson, Neal Alexander, and David Smith





A  
T  
T  
E  
N  
T  
I  
V  
E  
  
L  
I  
S  
T  
E  
N  
E  
R  
S







Katherine had the opportunity to emcee the event.  
Thank goodness for SCRIPTS and bios!



And the people came.....





.....To ask the Doctor





.....To give blood

**NORTH Carolina**

**WeSave Vendor Booths and Giveaways**





• Magnavox 32" LED HDTV

**Quicken Loans**  
Engineered to Amaze



• \$300 Visa Card

**lenovo** FOR THOSE WHO GET IT



• Yoga Tablet 10 HD

**GlobalFit**

• 3 Backpacks

**T-Mobile**

• A Wireless Gift Basket.  
Included in the basket will be items such as a BT headset, speaker, phone clip finder, google gift cards, and other wireless trinkets

**Carowinds**

• 4 Admission Tickets

**WeSave Rewards**

• 10 \$25 Restaurant.com Certificates

**Kings Dominion**

• 4 Admission Tickets

**Must register at Wellness & Safety Expo to be eligible to win giveaways.**

**iPad Mini Giveaway**  
Sponsored by WeSave & Quicken Loans

All state employees with an active WeSave account at 11:59 pm PDT October 19, 2014 are eligible to win. Drawing will be held October 20, 2014.

**INCREASE YOUR CHANCES OF WINNING:**



.....TO WIN PRIZES





.....TO GET A MANICURE





.....TO LEARN SAFETY TECHNIQUES



.....TO GET A FLU SHOT





.....TO LEARN HOW TO COOK HEALTHY





.....TO DREAM OF RECEIVING THAT SERVICE AWARD



.....TO RECEIVE FREE SCREENINGS





.....TO GET A FREE CHAIR MASSAGE

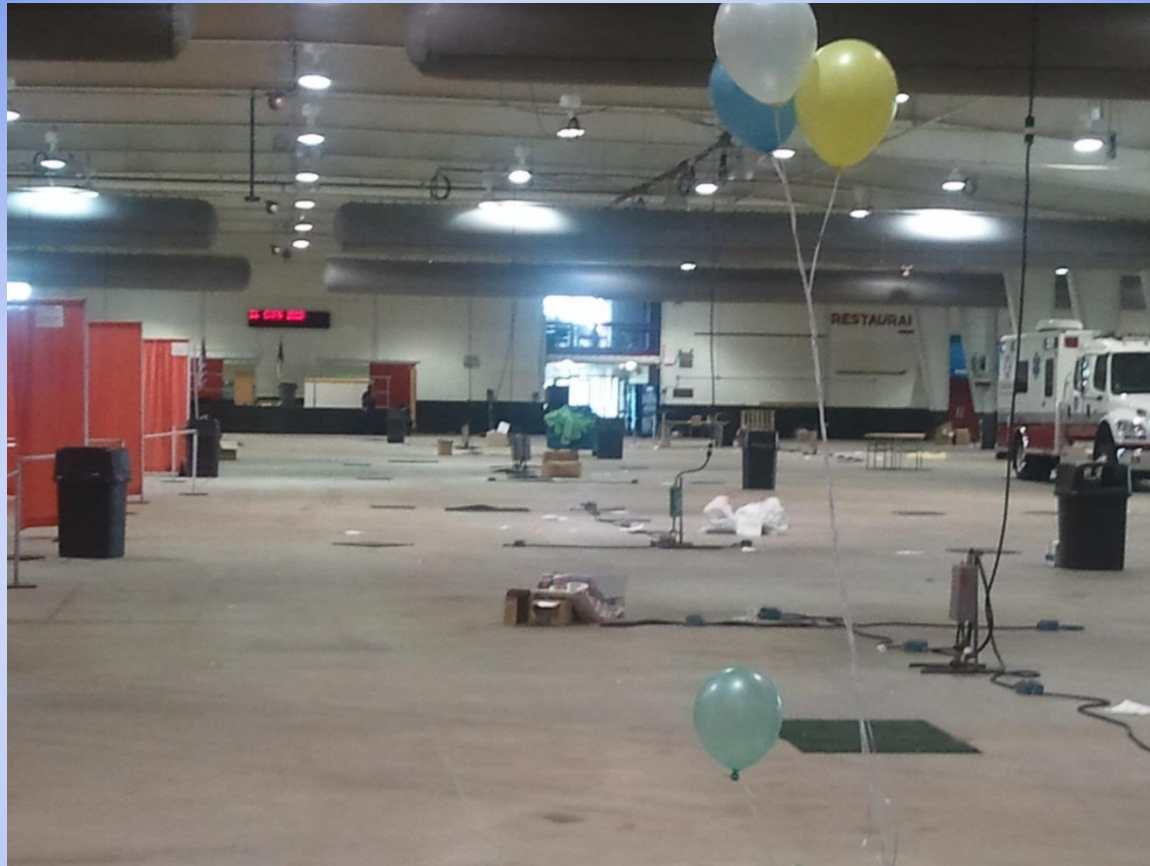


.....AND TO LEARN, LEARN, LEARN



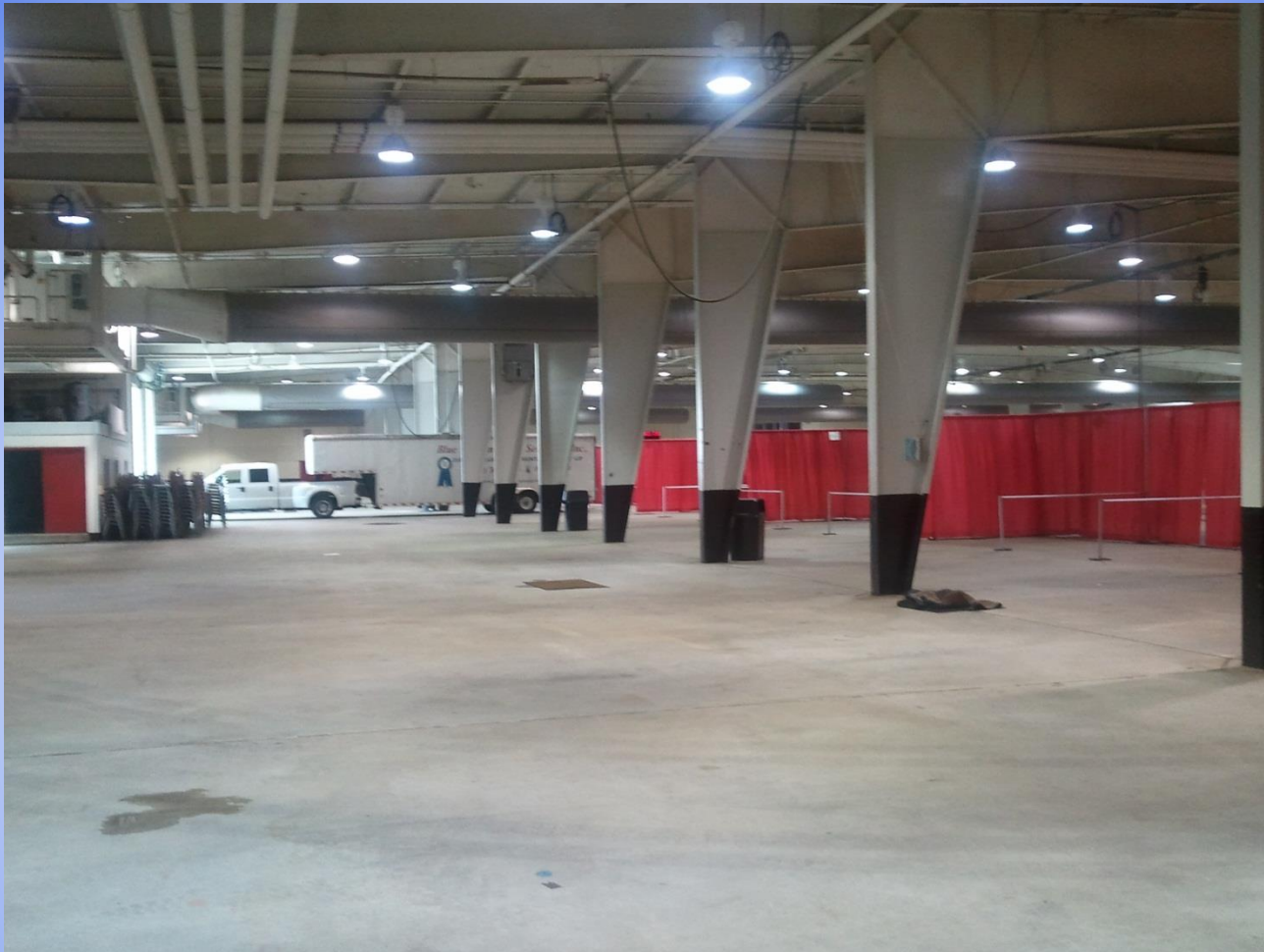


Maximizing their health potential and  
knowledge base, .....



Then they left.....





And the party was over!!

# So what was accomplished?

## The known accomplishments:

- NC Cash looked up 604 names and had 83 matches, for a total of \$7,880.47 and 27 shares found that may now be returned to the rightful owners
- American Red Cross had 49 people presented to donate, 12 first-time donors, 7 deferrals with 43 productive life-saving units collected
- The Food Bank of Central and Eastern North Carolina collected 698 pounds of food providing 587 meals to those less fortunate.
- Operation Medicine Drop through DOI had a little over 30,000 doses turned over for disposal



# The Unknown Accomplishments:

Possibly any of the following plus some:

- A child isn't left to suffer in a hot car
- An employee starts taking their meds as prescribed and avoids a life-threatening disease complication in doing so
- A fire breaks out and now the individual knows PASS (Pull, Aim, Squeeze & Sweep)
- Old medications have been properly disposed of and are no longer a risk to that 2 year old

THANKS TO THE  
WELLNESS PLANNING  
COMMITTEE FOR A  
JOB WELL DONE!



***LOOKING FORWARD TO 2016!!!!***

***What's the date again????***